

Friday February 24th, 2006
7:00 PM – 8:00 PM

- Today my objective is to view the first row of cardio machines, which contains mostly stationary bikes with some Stairmaster machines.
- The signup board is pretty empty as well as is the machines. There are still people using them, but it does not seem as crowded or in as high demand as the elliptical machines.
- I talked to a guy using one of the bikes. He is about 5'8" and 160 lbs, or at least that's what I think. He said he does cardio exercises every weekday (Monday to Friday) along with a lot of abdominal workouts. He told me he prefers the bike to running on the track or using the treadmill because he has weak knees and that he would use the elliptical if he could but there is always such a long line to use one. He stays on the bikes for 30 minutes per session.
- I ended up seeing the guy who I talked to about the track the last time I was here. I noticed he had an ipod this time and decided to ask him about it before he started his workout. About the ipod, he replied that it wasn't charged the last time I saw him so he couldn't use it. It helped him keep his mind off the pain and the feeling of tiredness, which helps him focus on running and what he has to accomplish.